

# Abstract

**Title:** Nutrition habits of Czech athletes with focus on nutrition supplements use.

**Objectives:** The aim of this work is to map the eating habits and nutrition supplements use by athletes in the Czech Republic.

**Methods:** In this work, we have used the method of public inquiry. The inquiry was distributed over many sport centres and facilities around the Czech Republic. 1373 inquiries were opened and 1064 of them returned filled in. The revision of the returned inquiries with sorting out only properly filled in ones, which provided the required information for further analysis, followed subsequently. There were 1027 inquiries from athletes from 75 cities of the Czech Republic used. 752 men and 275 women (age 7 to 54 years) from sports: athletics, basketball, football, handball, judo, swimming, taekwondo, triathlon and volleyball have participated the survey.

**Results:** We found out, that approximately 79 % of Czech athletes do care about their nutrition and keep to the consummation of 4 to 6 meals per day. Semi - occasionally people choose the second dinner as a meal in their regime, only 30 % of respondents abide to this. Various “dietary programmes” were at some time in life tried mostly by women, where the frequency rises with the age. However, only around 26 % of the athletes have ever tried one of these “diets” in their life. Vast majority of questioned athletes (around 94 %) keep the drinking regime, which confirms its importance in athletic performance. Regarding the nutrition supplements, approximately 75 % of questioned athletes use some of them, which is not extraordinary in recent age, nevertheless, 54 % don’t use them on a regular basis. Around 94 % of respondents do have experience with use of any supplement at some time in their life. This is greatly influenced by the age. From the last year’s usage of nutrition supplements it is clear, that the most used supplements are, by men and women, vitamin supplements, sport and ion drinks and mineral

supplements. We found out, that the frequency of men usage of supplements rises with age. This phenomenon was not proven with women. The men and women in the researched sports (athletics, basketball, football, handball, judo, swimming, taekwondo, triathlon and volleyball) mostly use the same supplements. Other supplements are represented in various amounts, for example the characteristics of the sport (combat sports – fat burners, creatine, proteins and amino acidical supplements) etc. The usage was identical at sports when depending on age, however the usage of joint nutrition with rising age has apparently risen about 32 %. Furthermore, we have evaluated from the obtained data that the representatives of the Czech Republic use nutrition supplements more often in comparison with athletes whose don't belong to this selection. In the last establishment of this inquiry, we have confirmed the fact, that athletes use more nutrition supplements in connection with more trainings in one week.

**Keywords:** sport nourishment, nutrition supplements, supplements, motional activity, nutrition, drinking regime